

**Basic Report 11056, Beans, snap, green, canned, regular pack, drained solids**

Report Date:December 20, 2014 09:02 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 135g	10.0 beans 62g	1 can (303 x 406) 262g
<b>Proximates</b>					
Water	g	93.38	126.06	57.90	244.66
Energy	kcal	22	30	14	58
Protein	g	1.12	1.51	0.69	2.93
Total lipid (fat)	g	0.46	0.62	0.29	1.21
Carbohydrate, by difference	g	4.32	5.83	2.68	11.32
Fiber, total dietary	g	1.9	2.6	1.2	5.0
Sugars, total	g	0.78	1.05	0.48	2.04
<b>Minerals</b>					
Calcium, Ca	mg	38	51	24	100
Iron, Fe	mg	1.06	1.43	0.66	2.78
Magnesium, Mg	mg	13	18	8	34
Phosphorus, P	mg	20	27	12	52
Potassium, K	mg	96	130	60	252
Sodium, Na	mg	230	310	143	603
Zinc, Zn	mg	0.20	0.27	0.12	0.52
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.8	3.8	1.7	7.3
Thiamin	mg	0.016	0.022	0.010	0.042
Riboflavin	mg	0.046	0.062	0.029	0.121
Niacin	mg	0.206	0.278	0.128	0.540
Vitamin B-6	mg	0.030	0.040	0.019	0.079
Folate, DFE <sup>a</sup>	μg	28	38	17	73
Vitamin B-12	μg	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	18	24	11	47
Vitamin A, IU	IU	353	477	219	925
Vitamin E (alpha-tocopherol)	mg	0.03	0.04	0.02	0.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	38.9	52.5	24.1	101.9
<b>Lipids</b>					
Fatty acids, total saturated	g	0.103	0.139	0.064	0.270
Fatty acids, total monounsaturated	g	0.019	0.026	0.012	0.050
Fatty acids, total polyunsaturated	g	0.234	0.316	0.145	0.613
Cholesterol	mg	0	0	0	0
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

<sup>b</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

<sup>c</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid